



Wholemeal Bread Pudding with Raisins

Ingredients

- 4 slices of wholemeal bread*, cut into cubes or thin slices
- 2 eggs
- 300ml of milk*
- 1 tbsp of brown sugar
- 1 tbsp of raisins

Method

- Mix eggs, milk and sugar till well combined.
- Add bread and raisins to the above mixture.
- Place bread mixture into a steamer for about 10 mins.
- Serve warm.

Tips:

- Calcium helps build strong bones. Include 1-2 cups of milk into your child's diet.
- 1 cup of milk is equivalent to 250ml.
- Start with whole milk for children 12 - 24 months. Low-fat milk can be introduced to children 24 months and older.



*Choose products with the Healthier Choice Symbol.